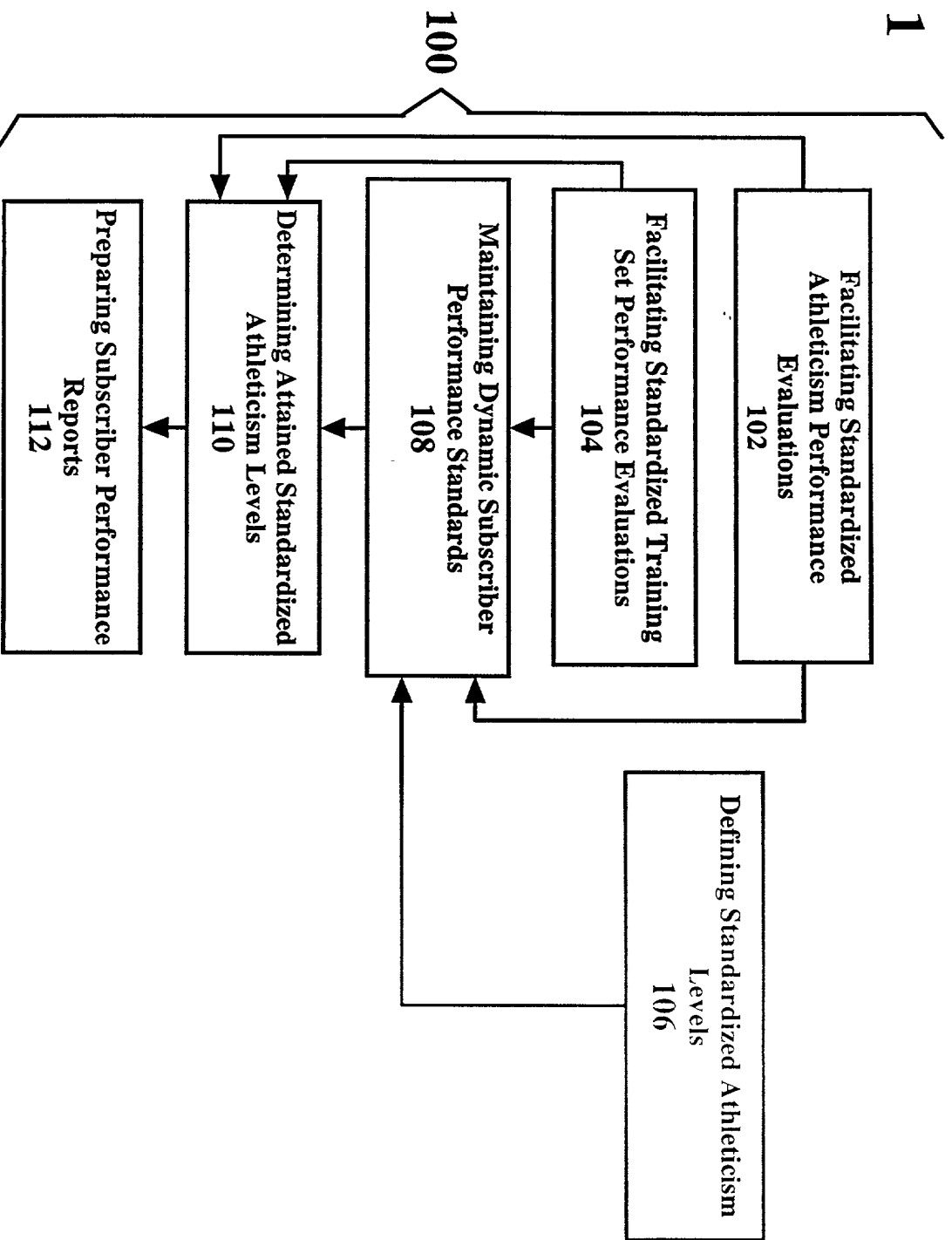
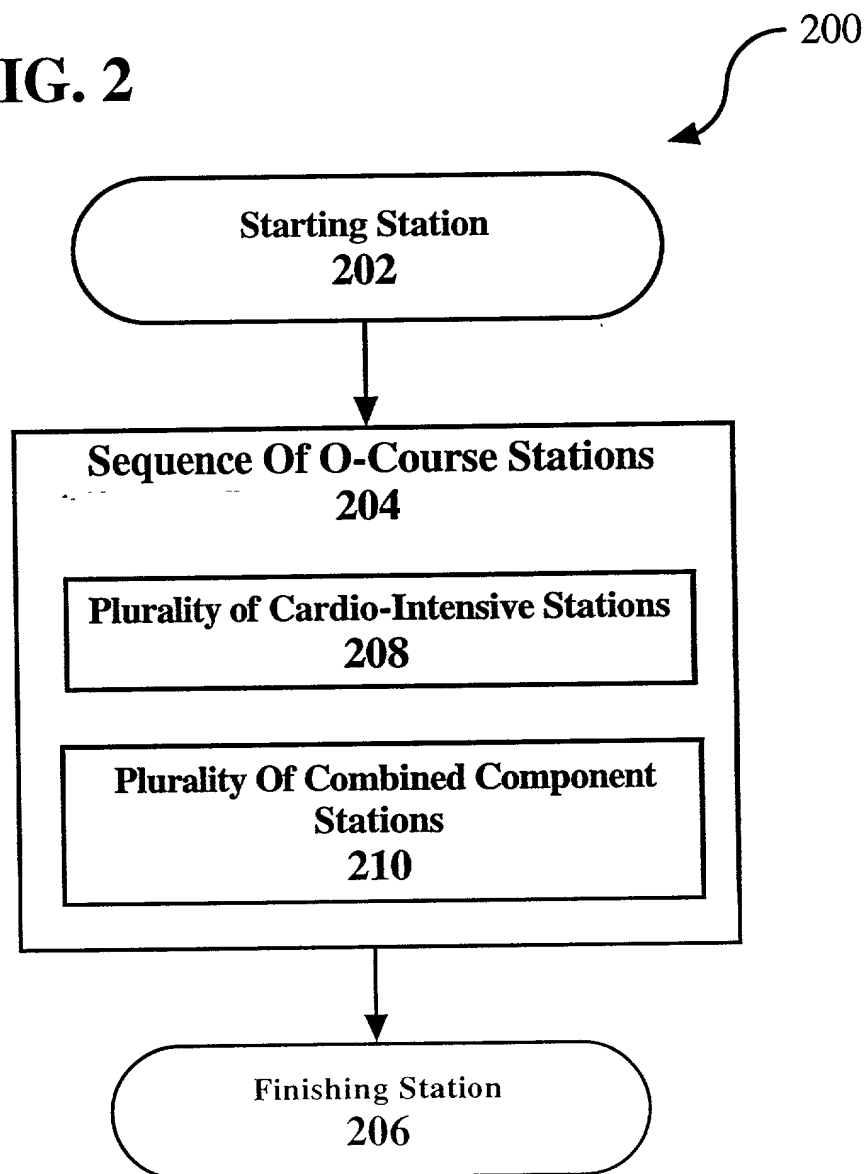


**FIG. 1**



**FIG. 2**



**FIG. 3**

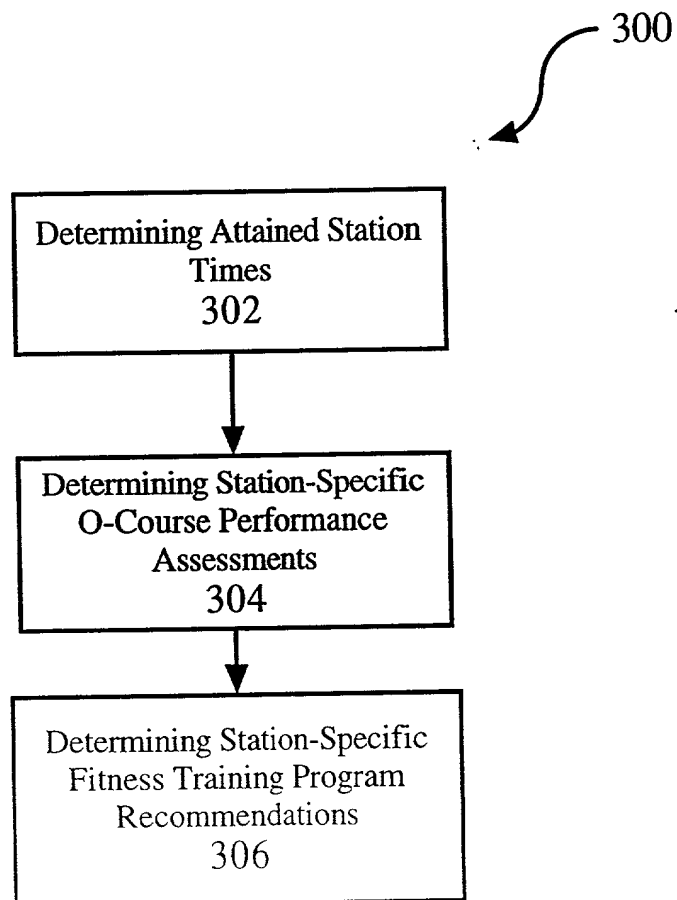
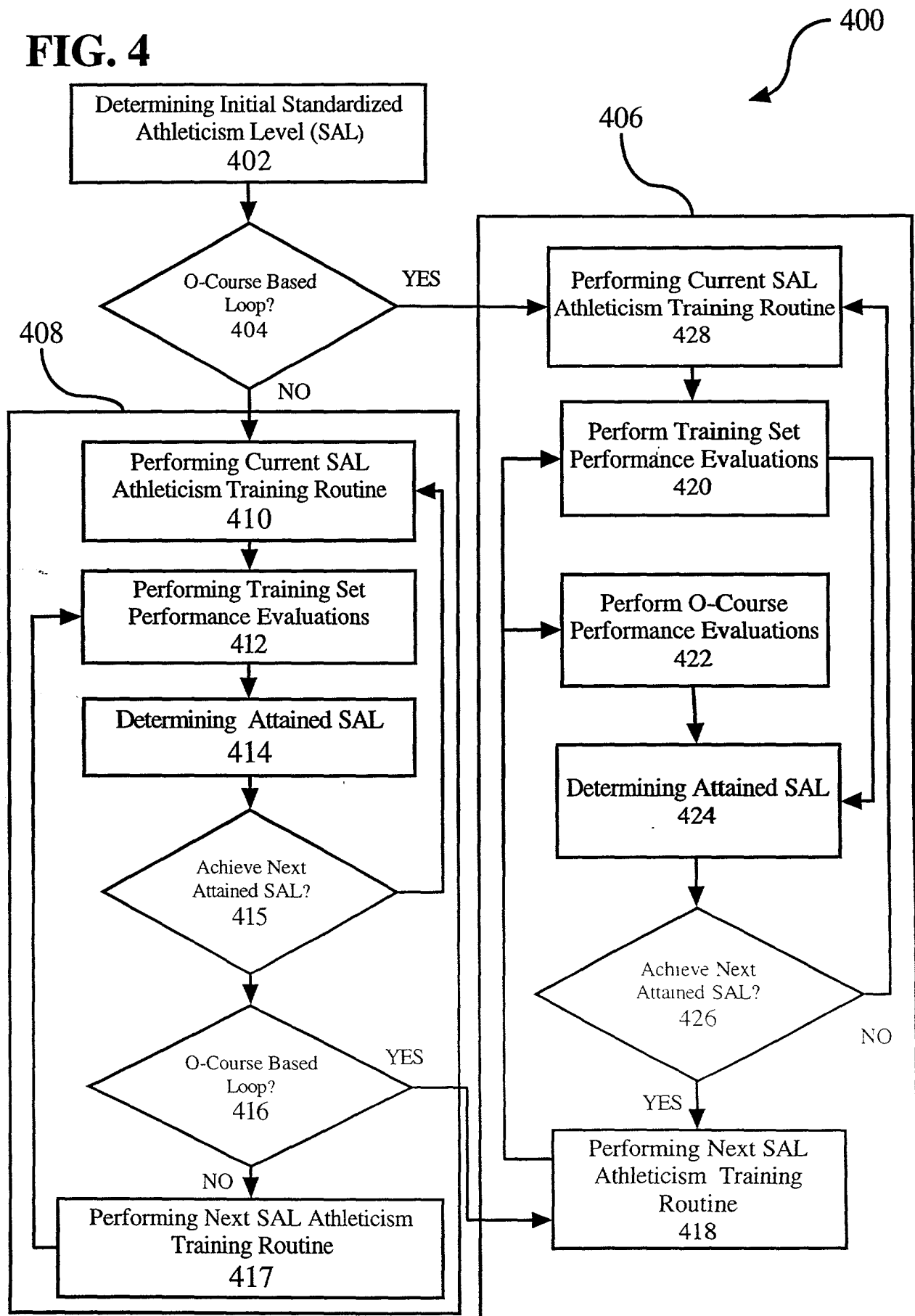
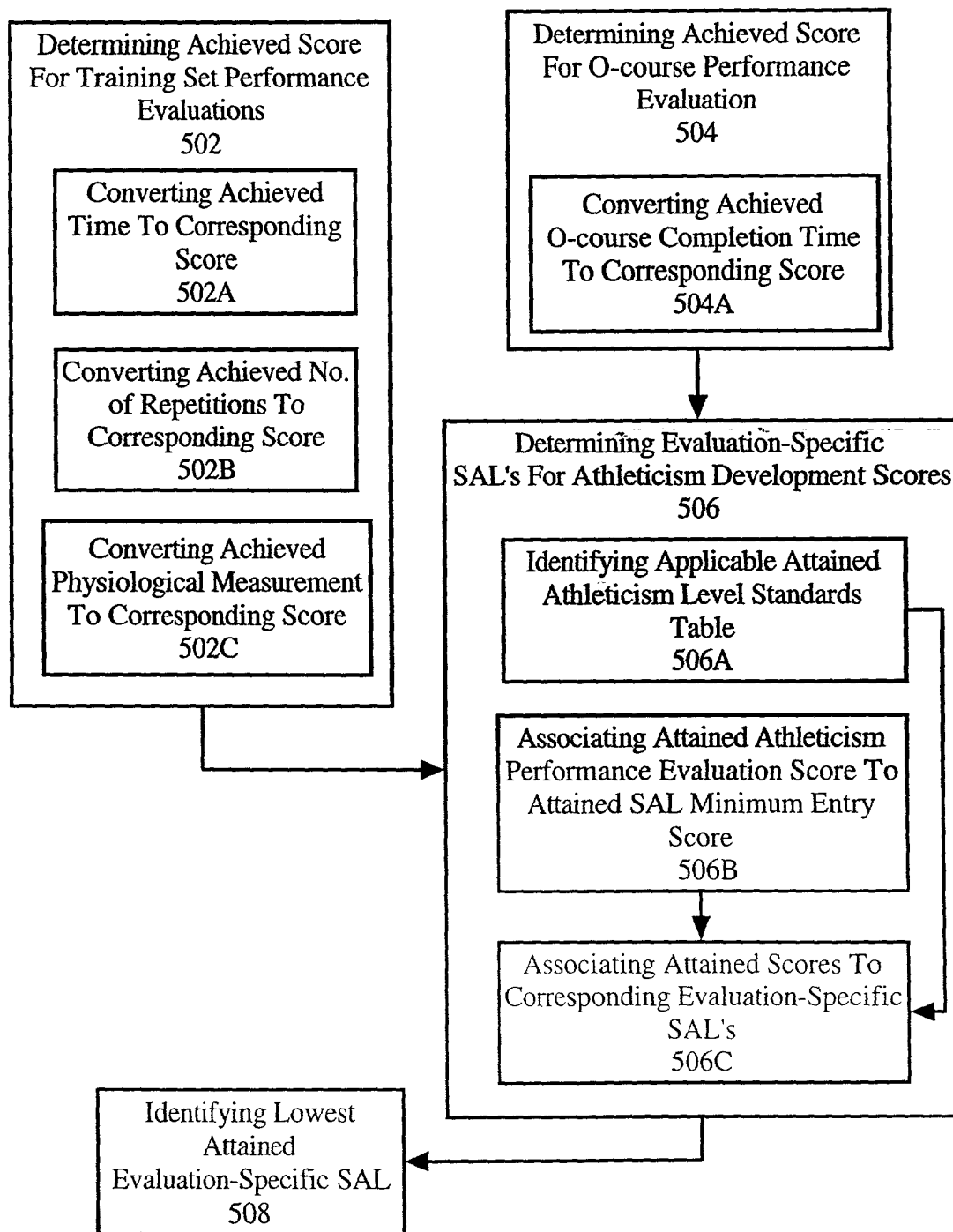


FIG. 4



**FIG. 5**



# FIG. 6

600

602

| LEVEL  | Resting Heart Rate | Body Fat | 3 Minute | Push-Up | Sit-Up | 1 ½ Mile Run | Flex | T-Test | 40 Yd. Sprint |
|--------|--------------------|----------|----------|---------|--------|--------------|------|--------|---------------|
| L7     | 1111               | 1740     | 1076     | 993     | 1000   | 1014         | 1111 | 1015   | 975           |
| L6     | 983                | 1624     | 966      | 800     | 800    | 812          | 1000 | 892    | 893           |
| L5     | 923                | 1436     | 876      | 542     | 533    | 713          | 889  | 803    | 759           |
| L4     | 857                | 1304     | 801      | 284     | 266    | 649          | 833  | 715    | 630           |
| L3     | 811                | 1104     | 732      | 129     | 133    | 586          | 667  | 602    | 520           |
| L2     | 740                | 836      | 675      | 65      | 67     | 550          | 556  | 498    | 390           |
| Novice | 681                | 600      | 607      | 13      | 12     | 468          | 389  | 377    | 310           |

604

| LEVEL | White | Red  | Black |
|-------|-------|------|-------|
| L7    |       | 1740 | 1076  |
| L6    |       | 1075 | 966   |
| L5    |       | 890  | 690   |
| L4    | 1450  | 850  |       |
| L3    | 987   |      |       |

Subscriber Performance Report: Summary Page

SAL: 4

For Evaluation on 8/14/01

Summary

Training Set

O-Course

708

702

701-

710

Select Comparison Population

☐ Your Fitness Club Subscribers
 ☒ City-Wide Subscribers
 ☐ Regional Subscribers
 ☐ State Subscribers
 ☐ National Subscribers
 ☐ Global Subscribers
 ☐ Best-Of-The-Best Subscribers

Define Comparison Criterion

Age

Gender

Program Background

714

Reset Criterion

712

716

718

Rankings

Overall Attained SAL Ranking:  of

Training Set Evaluation Ranking:  of

O-Course Evaluation Ranking:  of

Weeks-In-Program Ranking:  of

Days At Present level Ranking:  of

715

FIG. 7B

# Subscriber Performance Report: Training Set Page For Evaluation on 8/14/01

SAL: 4

| Summary |  | Training Set |  | O-Course |  |
|---------|--|--------------|--|----------|--|
|         |  | 708          |  | 704      |  |

| Component-By-Component Rankings |                          |     |          |    |            |           |
|---------------------------------|--------------------------|-----|----------|----|------------|-----------|
| 720                             | Resting Heart Rate:      | 452 | of 2,432 | 19 | Percentile | More Info |
|                                 | Skin Fold Measurement:   | 642 | of 2,432 | 26 | Percentile | More Info |
|                                 | Push-Up Test:            | 858 | of 2,432 | 35 | Percentile | More Info |
|                                 | Sit-Up Test:             | 35  | of 2,432 | 1  | Percentile | More Info |
|                                 | 3-Minute Step Test       | 534 | of 2,432 | 22 | Percentile | More Info |
|                                 | Flexibility Test         | 611 | of 2,432 | 25 | Percentile | More Info |
|                                 | Pull-Up Test:            | 524 | of 2,432 | 22 | Percentile | More Info |
|                                 | 1.5-Mile Timed Run Test: | 860 | of 2,432 | 35 | Percentile | More Info |
|                                 | T-Test:                  | 123 | of 2,432 | 5  | Percentile | More Info |
|                                 | 40-Yard Sprint:          | 835 | of 2,432 | 34 | Percentile | More Info |

| Component-By-Component Score Assessment |                          |      |           |      |           |           |
|---|--------------------------|------|-----------|------|-----------|-----------|
| 722                                     | Resting Heart Rate:      | 54   | bpm       | -1   | bpm       | More Info |
|   | Body Fat:                | 18   | units     | -3   | units     | More Info |
|   | Push-Up Test:            | 42   | reps/min. | +6   | reps/min. | More Info |
|   | Sit-Up Test:             | 38   | reps/min. | +9   | reps/min. | More Info |
|   | 3-Minute Step Test       | 72   | bpm       | -10  | bpm       | More Info |
|   | Flexibility Test         | 9.25 | in.       | +4.5 | in.       | More Info |
|   | Pull-Up Test:            | 42   | reps.     | +8   | reps.     | More Info |
|   | 1.5-Mile Timed Run Test: | 10.4 | min.      | -4.6 | min.      | More Info |
|   | T-Test:                  | 31   | sec.      | -2.1 | sec.      | More Info |
|   | 40-Yard Sprint:          | 5.8  | sec.      | -1.3 | sec.      | More Info |

700



FIG. 7C

# Subscriber Performance Report: O-Course Page

SAL: 4

For Evaluation on 8/15/01

706

708

| Summary |  | Training Set |  | O-Course |  | Red Course |  |
|---------|--|--------------|--|----------|--|------------|--|
|         |  |              |  | PB       |  | More Info  |  |
|         |  |              |  | 732      |  | 734        |  |

| Component-By-Component Rankings |     |          |               |
|---------------------------------|-----|----------|---------------|
| Station 1:                      | 645 | of 2,432 | 27 Percentile |
| Station 2:                      | 822 | of 2,432 | 34 Percentile |
| Station 3:                      | 254 | of 2,432 | 10 Percentile |
| Station 4:                      | 234 | of 2,432 | 10 Percentile |
| Station 5:                      | 86  | of 2,432 | 4 Percentile  |
| Station 6:                      | 451 | of 2,432 | 19 Percentile |
| Station 7:                      | 94  | of 2,432 | 4 Percentile  |
| Station 8:                      | 253 | of 2,432 | 10 Percentile |
| Station 9:                      | 471 | of 2,432 | 19 Percentile |
| Station 10:                     | 926 | of 2,432 | 38 Percentile |

| Station-By-Station Comparison |      |            |            |
|-------------------------------|------|------------|------------|
| Combination Stations          |      |            |            |
| Station 1:                    | 5.4  | sec.       | -1.4       |
| Station 2:                    | 6.3  | sec.       | -0.9       |
| Station 3:                    | 6.5  | sec.       | -0.6       |
| Station 4:                    | 12.8 | sec.       | -2.1       |
| Station 5:                    | 26.4 | sec.       | -3.2       |
| Station 6:                    | 18.1 | sec.       | -1.7       |
| Station 7:                    | 19.7 | sec.       | -10.2      |
| Station 8:                    | 24.4 | sec.       | -2.4       |
| Station 9:                    | 53.6 | sec.       | -13.2      |
| Station 10:                   | 22.6 | sec.       | -3.2       |
| Total:                        |      | 195.8 sec. | -38.3 sec. |

| Station-By-Station Comparison |      |            |            |
|-------------------------------|------|------------|------------|
| Aerobic Intensive Stations    |      |            |            |
| Station A:                    | 7.4  | sec.       | -0.4       |
| Station B:                    | 7.8  | sec.       | -0.2       |
| Station C:                    | 12.6 | sec.       | -0.4       |
| Station D:                    | 12.9 | sec.       | -0.7       |
| Station E:                    | 8.6  | sec.       | -1.4       |
| Station F:                    | 13.1 | sec.       | -2.7       |
| Station G:                    | 12.6 | sec.       | -2.3       |
| Station H:                    | 13.1 | sec.       | -2.1       |
| Station I:                    | 12.2 | sec.       | -3.3       |
| Station J:                    | 5.1  | sec.       | -0.8       |
| Total:                        |      | 105.4 sec. | -14.3 sec. |

734

728

730

FIG. 8

